

WARREN SENTINEL



"Jolly Rogers"

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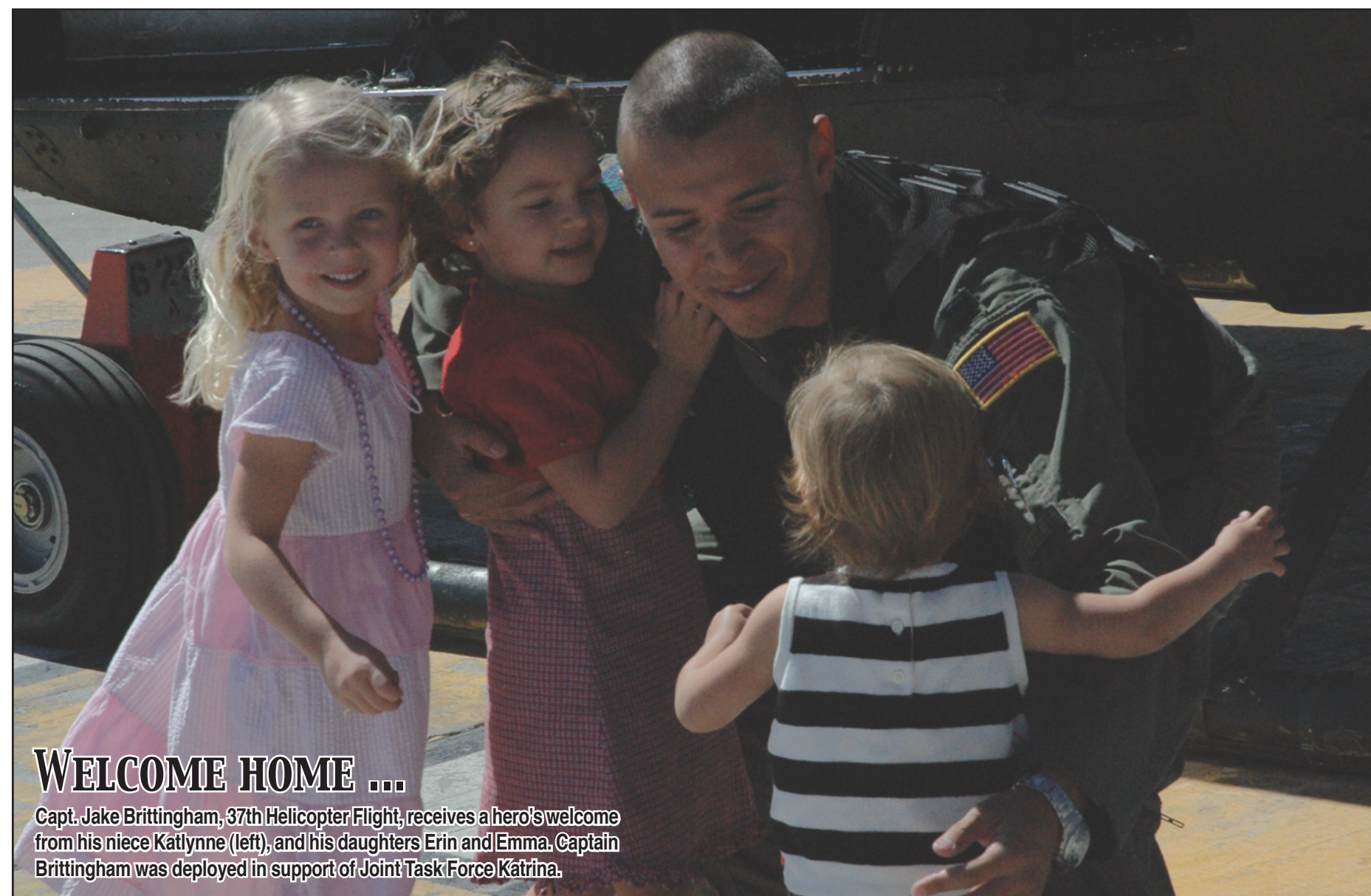
September 30, 2005

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**400 Missile Squadron
inactivation
10 a.m. Tuesday
at the Pronghorn Center**



WELCOME HOME ...

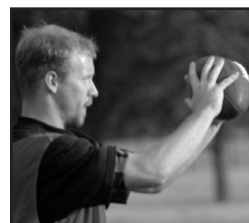
Capt. Jake Brittingham, 37th Helicopter Flight, receives a hero's welcome from his niece Katlynne (left), and his daughters Erin and Emma. Captain Brittingham was deployed in support of Joint Task Force Katrina.

Photo by Tech. Sgt. Steve Goetsch

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aids in
Hurricane
Rita relief 12



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brings aid,
hope to
evacuees 11



Commentary

Ultimate sacrifice ...

Maj. Darren Easton
37th Helicopter Flight Commander

Over the course of time, and specifically since September 11, 2001, many of our comrades have made the ultimate sacrifice for their country, giving their very lives in the name of freedom. I salute each and every one of them, and owe them my service to the same cause as a debt of gratitude. Countless others, however, have given the same sacrifice, although in a different way. To paraphrase the writers of the Bible, it is good to die for a cause, but even more difficult to live for that cause.

When I swore my life to the Constitution of the United States of America, like all of us in uniform, I pondered the prospect of dying for it. Now, many years down the road, and many nights away from my wife and children, I realize what I really swore was to live for the Constitution, and if necessary, put myself in harm's way for it.

The Soldiers, Sailors, Marines, and Airmen who have provided the ultimate sacrifice are not so different from thousands of patriots who live among us, sacrificing a few minutes or hours at a time for the cause of freedom. They give their lives freely, albeit incrementally, to operate, guard, and maintain our nuclear deterrent force, day in and day out, 24/7/365, for the same cause as those who stormed Baghdad to topple a tyrant whose reign threatened the stability of a region and possibly the globe.

The commanders who sent their troops into harm's way in Iraq and Afghanistan no doubt spent many hours searching their souls to ensure that they did not send their troops into harm's way without due cause. They weighed the risks against the benefits to the specific mission, and with heavy hearts, gave their orders. Likewise, supervisors at all

levels, from commanders to the first line senior airmen, let us consider carefully what we are asking of our Airmen before we ask them to sacrifice their lives, even if only a few minutes at a time.

Recently, in my unit, we planned a mission that got cancelled at the last minute. I overheard one of my Airmen say, "that's an hour of my life I'll never get back." Sometimes, that's simply the cost of doing the mission. Our challenge as supervisors at all levels, down to the senior airman in charge of other Airmen, is to evaluate the tasks we assign those in our charge in order to ensure that the things we are asking of them work toward the goal of mission accomplishment.

In another place, in another time, I had a supervisor who was a great leader, an exemplary officer, and a patriotic American. However, he had a habit of assigning the same project to two or three different officers at the same time. I might be working on a project, only to find after hours of effort that another officer in the unit was working on the same thing. It was discouraging to think that the time away from my family was duplicating the efforts of others away from their families.

— **Sacrifice, Page 3**

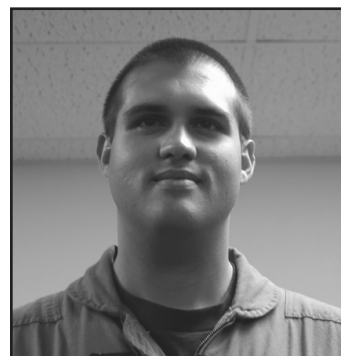
Man on the street

The Warren Sentinel asked Warren members, "If you could spend a whole day with anyone in the world, who would you spend it with?"



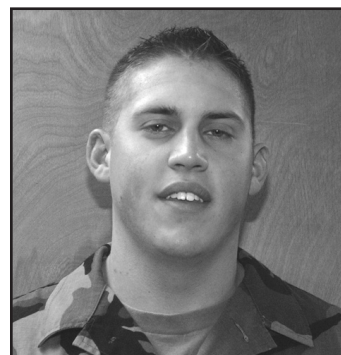
"Michael Jordan. I would like to talk to him about basketball and get some tips, play a one-on-one game with him, and ask him if I can endorse his gear."

- Airman 1st Class Anthony King, 90th Security Forces Squadron



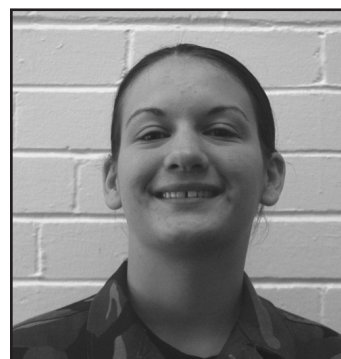
"My mom, because she supports me when I need it, so I would take her to the Bahamas."

- Staff Sgt. David Lamica, 37th Helicopter Flight



"Chris Farley because I am a big fan and I would like to see what he was like in person. I would also like to see if he was as funny in person as he was in the movies."

- Airman Myles Macey, 90th Communications Squadron



"I would spend a day with my sister because I haven't seen her in two years and because family is important to me."

- Airman Melissa Pledger, 90th Missile Security Forces Squadron

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Spirit of New Orleans still alive after hurricane

**Airman 1st Class
Tim Bazar**
*314th Airlift Wing Public
Affairs*

**LITTLE ROCK AIR
FORCE BASE, Ark.** -
- Four hours after I found
out I'd be heading out for
my first deployment to
report on the 347th Expe-
ditionary Rescue Group's
search and rescue mis-
sion for Joint Task Force
Katrina, I was en route to
Jackson, Miss.

Naturally, a number of
thoughts ran through my
head: What should I brace
myself for? Will I end up
in New Orleans? Should I
bring my own water and
food?

Almost four years after
Sept. 11 -- the whole rea-
son I joined the Air Force
-- a whole other group of
people were now in need
of help. I had a prime op-
portunity to show how the

Air Force is helping in the
nation's moment of crisis.

Between Little Rock
and Jackson, there wasn't
a turn made that you
couldn't see the hustle
and bustle to provide re-
lief to the hurricane-rav-
aged Gulf Coast.

Electric company
trucks and Army vehicles,
some with convoys up to
30 vehicles long, lined
both sides of the highway;
gas cans, sleeping bags
and coolers were sold out
everywhere; gas station
owners had cordoned off
pumps due to shortages
of fuel; hotel parking lots
were full of cars with suit-
cases and boxes piled on
luggage racks.

Naturally, I wanted to
see firsthand what caused
all of this.

So, when I got the
chance to fly over New
Orleans on a search and
rescue mission, I jumped

at it; but nothing could
prepare me for what I was
about to see.

What was once a bus-
tling city brimming with
southern history was
now an underwater ghost
town. The only things left
behind now were shells
of homes, piles of rubble,
animals fighting to stay
alive, and the smell of
trash and death.

Watching the events
unfold on television is
nothing like being there.
Seeing people sleeping
on cots outside the con-
vention center and Su-
perdome, watching what
must have been dozens of
helicopters flying grids to
look for anyone left alive,
hurting because you can't
give up a space on the he-
licopter to save an animal
stranded on a porch or
rooftop.

People walk in waist-
high sludge to save what's

left of their possessions.
Dogs swim house to house
in contaminated water
looking for anything ed-
ible, fuel fumes fill the air
and shine in the reflection
of the water drowning
most of the city.

It's unbelievable. Just
a few weeks ago it would
have been difficult to find
a parking spot anywhere;
now people are few and
far between.

But even though most
have left the city and
everything seems lost, the
spirit of "The Big Easy"
lives on.

Signs like "We will re-
build New Orleans," and
"Nothing can stop us from
coming home -- not even
you, Katrina," line roof-
tops and car hoods, obvi-
ously painted by people
waiting to be rescued.

Most of the people I
talked to seem optimistic
about their futures. They

want to return home, save
what they can and start
their lives over.

But when I asked one
mother of three why she
wanted to go back to
New Orleans, she said,
"Because I want to prove
every naysayer wrong. We
can rebuild our lives and
nothing will hold us back,
ever."

The messages left
behind are symbolic not
only of the spirit of people
in the Gulf Coast, but of
people all across the na-
tion. It is an undying de-
termination to keep going
on. Even in the shadow
of what seemed to be an
unrecoverable disaster,
people have begun open-
ing their arms and giving
everything they can. I am
proud to be a part of the
spirit of humanity and
kindness that has spread
across the nation and the
world.

Sacrifice, Page 3

The lesson I learned from this,
as a commander, is we must con-
sider carefully the tasks we assign
our Airmen, and ask ourselves
what the nation is gaining from the
sacrifice we are demanding of our
troops.

This is not to condemn any
particular commander or policy,
but rather to inspire all those in
any position of leadership to think
about the sacrifice they are ask-
ing of their Airmen, a few minutes
at a time. The mission of the 90th
Space Wing is missiles on target,

accurately, securely and safely.
This certainly involves both the
direct mission requirement and
the ancillary duties that support it.
Mission execution, esprit de corps,
quality of life, and base appearance
all contribute to the mission. The
true question to ask is not, "How
long?" any specific task takes, but
rather, "Does it contribute to the
mission?" Is the time well spent?
When our Airmen get out of bed
in the morning, do they know that
they are going to make a difference
that day? Are they confident that

their sacrifices are essential, or
are they just punching the clock?
Are we asking them to do what is
important, or are we wasting their
time?

When I get a detail together to
police around my unit for trash,
the History Channel almost never
sends a crew over to chronicle the
sacrifice of the brave and valiant
men and women of the 37th Heli.
However, those Airmen just gave
ten minutes of their lives that they
will never get back, and I have to
respect that. It is my job as their

leader to ensure they know that
even in the small details, their
sacrifice is important.

What I am asking supervisors
of all levels, from senior airman
to general officers, is when they
order their Airmen to execute any
task, they remember they are
asking for the ultimate sacrifice a
few minutes and hours at a time.
Remember that while our Airmen
may not be fighting in the streets
of Baghdad, they nonetheless are
sacrificing of their lives every day
in service to their country. Let's
make it count!

6 by 3

Chief Kriete visits Warren Airmen

**Airman 1st Class
Brandy Holcepl**
*90th Space Wing Public
Affairs*

Chief Master Sgt. Ron Kriete, Command Chief for Air Force Space Command, visited the First Term Airman's Center and Airman Leadership School students Sept. 19 to provide some words of wisdom to Warren's Airmen.

Chief Kriete discussed with Airmen the vital role that they play in today's Air Force.

"Our Airmen are our most precious resource; we must do everything possible to train and equip our Airmen for the War on Terrorism," said Chief Kriete.

The chief also touched on the increased responsibilities that go with higher rank and the importance of NCOs setting the example for Airmen. It's important

that Airmen are shown the right way to do things, because those Airmen are our next generation of NCOs, said Chief Kriete.

The chief addressed several of the Airmen's concerns during his visit. One concern was the sponsor program.

He explained that as an NCO or sponsor, it's vital to make a good first impression. One way to do that is to meet new Airmen when they arrive. It's important that NCOs greet their Airmen at the airport because of their depth of knowledge of the base and mission said Chief Kriete.

Airman Antonio Cruz, 790th Missile Security Forces Squadron, agreed with the Chief. He said it's important to make a good first impression no matter if the person is an Airman or an NCO.

Chief Kriete left a positive lasting impression on



Photo by Airman 1st Class Brandy Holcepl

Chief Master Sgt. Ron Kriete, Air Force Space Command Chief, speaks to First Term Airman Sept. 19.

the Airmen he visited.

"He was very knowledg-

able and you can really look

up to someone like him,"

said Airman 1st Class Kent

Cross, 790 MSFS.

Hispanics largest ethnic group in Catholic Church

1st Lt. Maura Sillas
*Chief, Military Equal
Opportunity*

Many people may not know that Hispanics are the largest ethnic group in the Catholic Church. Twenty eight percent of the Catholic community was comprised of Hispanics in 1980, rising to 35 percent in 1990. Today, Hispanics now account for 45 percent of all Catholics under the age of 30 in the United States. Here's some history on how Catholicism became the Hispanic community's religion of choice

The Second Vatican Council that began in the late 1950s through the early 60s provided more room for ethnic diversity within the Catholic Church especially in liturgical worship. The council helped the church move more toward preserving Latino identity to mini-

mize "Americanizing" new Hispanic church members. Catholic churches became less a clergy and religious institution and more of a people institution. Other movements such as the Civil Rights movements and the United Farm Workers' strike also drew attention to living the faith unique to the Spanish-speaking community in the church.

One factor that promoted Hispanic involvement was the introduction of the Cursillo Retreat Movement in 1957. This movement, deeply rooted in Spanish Catholicism, emphasized the translation of cultural Catholicism into an everyday practiced faith. The Cursillo Movement motivated and supported a large number of Hispanic leaders as well as the community toward the faith in parish life.

The late Pope John Paul

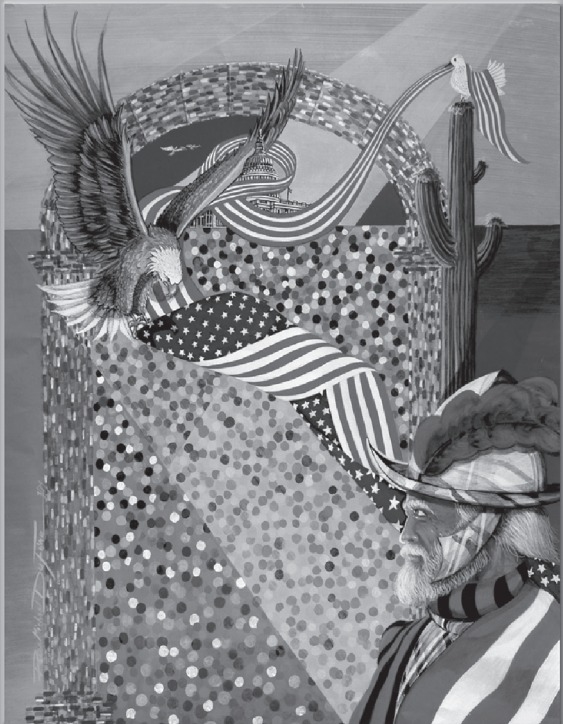
II once said, "The question confronting the church today is no longer whether the man in the street can grasp a religious message, but how to employ the communications media so as to let him have the full impact of the gospel message."

The Catholic Church has made great strides to fulfill his words.

On Saturday, the base chapel is hosting a Hispanic-English Bilingual Mass. This bilingual mass is an opportunity to worship and provide insight to members of other religious groups as well as to celebrate Hispanic Heritage Month. If you would like to attend the Bilingual Catholic Mass, please come out and celebrate this event with us at 5 p.m., Saturday at the High Plains Chapel. If you have any questions, contact the MEO at 773-2741.

HISPANIC AMERICANS:

STRONG & COLORFUL THREADS IN THE AMERICAN FABRIC



NATIONAL HISPANIC HERITAGE MONTH

events: 23 SEP: LATIN DANCE NITE • TRAIL'S END CLUB • 2100-2400 HRS

1 OCT: BILINGUAL MASS • 1700 HRS

14 OCT: FOOD SAMPLING/CAR SHOW • LRS HIGH BAY • 1100-1400 HRS

for more information please contact: Lt Christian Ormazabal x 4952
or the MEO Office x2741

Briefs

Cell phone/charger donation drive

You don't need service on a cell phone to dial 911. There is an organization in Cheyenne called the Safehouse that works with abused individuals. The Safe House promotes the safety and well being of victims of domestic violence, sexual assault and/or stalking.

Donating cell phones and chargers will assist the Safe House by giving individuals a way of getting emergency help if needed.

If you have a cell phone that you don't use anymore and would like to donate it for people in need, you can drop it off with one of the following individuals: Staff Sgt. Nikki Holman, Staff Sgt. Leticia Pablano-Clark, Staff Sgt. Michael Schoenberger, Staff Sgt. Jennifer Martinez, Staff Sgt. James Harwell or Tech Sgt. Daphne Watson.

Cell phones can also be dropped off at the Communications Center (by register 2) in Sam's Club.

For more information, contact Senior Airman Elizabeth Powell at 773-7623.

Tumbleweeds

As fall nears, one can be sure that the winds in Cheyenne will pick up, leaving more debris in your yards.

Base housing resident must keep their lawn free of all trash, animal feces, dead leaves, sticks, tumbleweeds, etc.

Take a daily walk through your yard to ensure that these items are removed.

If you have any questions or concerns, call the Housing Management Office at 773-1840.

North range safety

All Warren lands, which do not have paved road access, located north of Central Avenue are closed due to the clearing of explosive materials. The only exceptions are the horse stables and the Gravel Road Training Course. For horse riders, the allowable riding areas are posted in the main stable facility.

If you require access to any gravel road or closed location in this area, call the contractor at 214-7503, 634-5036 or John Wright at 773-4147.

This closure has been ordered by the wing commander for safety due to exposed explosive hazards. The base will be notified when it is rescinded.

Having a baby? Know your Tricare benefits

TriWest Healthcare Alliance

Although on a scale smaller than the legendary "Baby Boom" following World War II, "mini-booms" are occurring at military installations across the nation as troops return from overseas assignments.

Because many of our nation's patriots are coming from National Guard and Reserve ranks, not all parents-to-be are familiar with their maternity benefits under the military's health care program, Tricare, and there are important things for all active duty new and repeating parents to know.

Maternity-Related Ultrasounds

Tricare covers ultrasounds (sonograms) related to pregnancy when the procedure is medically necessary. In other words, the physician must consider the ultrasound necessary to deal with conditions that could complicate the pregnancy or present a danger to the child or the mother.

Tricare does not cover obstetric ultrasounds performed for purposes of screening, routine evaluation or to determine the baby's gender. Expectant parents should consult with their providers to make sure an ultrasound is medically necessary.

Go Home or Stay Put?

While expectant fathers are serving overseas, some mothers-to-be may choose to stay where they are, and others may decide to return home to be near family.

Expectant mothers enrolled in

FOR MORE DETAILED INFORMATION ABOUT YOUR TRICARE MATERNITY BENEFITS, VISIT TRIWEST'S WEB SITE AT WWW.TRIWEST.COM OR CALL TRIWEST AT 1-888-TRIWEST (1-888-874-9378).

Tricare Prime Remote for Active Duty Family Members, who reside in a remote area and move to another remote area, will no longer be eligible for TPRADFM and will incur more expenses if they do not disenroll from TPRADFM switch.

If moving from a remote area to a Tricare Prime service area, mothers-to-be may change their enrollment from TPRADFM to Tricare Prime. If moving from a Prime service area to a place where Prime is not available, they may change from TRICARE Prime to Tricare Standard. Otherwise, Point of Service charges may be incurred.

Referrals

Because of the robust partnership that exists among TriWest and the civilian provider networks; the overseas deployments of military physicians; and other military considerations; many military treatment facilities in Tricare Prime service areas no longer offer OB care.

Prime beneficiaries requiring OB care in areas where it is not available at military facilities will be referred by the MTF to Tricare civilian network providers. If the beneficiary has other health insurance, the OHI carrier will

be the primary payer, and no referral will be required from TriWest.

After Delivery

Newborns, and adopted children, are covered under Tricare Prime for their first 60 days following birth or adoption, but, after that, they must be enrolled in Defense Enrollment Eligibility Reporting System database and enrolled in Tricare Prime to avoid a gap in coverage. Coverage will be paid as Tricare Standard on the 61st day if enrollment has not been completed by then.

To enroll a newborn or newly adopted child in DEERS, the sponsor must bring a copy of the child's birth certificate or certificate of live birth, which are available from the hospital's medical records department, or adoption papers to the nearest military facility personnel office.

Following DEERS registration, a parent or guardian must complete, sign and submit the Tricare Prime Enrollment Application & PCM Change Form.

For more detailed information about your Tricare maternity benefits, visit TriWest's web site at www.triwest.com or call TriWest at 1-888-TRIWEST (1-888-874-9378).

Housing privatization forum begins Tuesday

Elizabeth McClain
90th Civil Engineer
Squadron

The Air Force is privatizing the military family housing located on Warren. The goal of housing privatization is to provide military families access to safe, quality, affordable, well-maintained housing in a community they will choose to live in.

"Privatization leverages AF dollars to create the highest quality housing communities possible in a fraction of the time it would take to do so with equiva-

lent military construction programs," said Lt. Col. Joe Ballard, 90th Civil Engineer Squadron Commander.

This project involves a real estate transaction to privatize military family housing units for Warren AFB.

This means that the government will provide a 50 year lease on the land of all housing areas. The offeror or developer will replace, renovate and make community infrastructure improvements to these homes as well as construct 110 new units. Ultimately

the developer will operate and maintain 941 units.

The developer will finance, plan, design, construct, own maintain and manage the housing development for military families.

There will be an industry forum to inform prospective offerors about the scope and timing of this opportunity. The forum will begin with an informal icebreaker from 5 p.m. to 7 p.m., Tuesday. At 9 a.m., Wednesday the Air Force will present information on the base, its mission and the housing privatiza-

tion project. The forum will conclude with a housing tour of representative housing units. Buses will depart at 1 p.m., Wednesday. The tour is scheduled to end by 4 p.m. There is no charge to attend the forum. Note that to take the tour you must pre-register at www.kgpartners.com/fewafb.

For more information, visit www.kgpartners.com/fewafb_forum or contact Matt Karcher or Cyrus Gardner at Kormendi/Gardner Partners, fewafb@kgpartners.com, (202) 822-0900.

Warren aids in hurricane relief efforts

Airman 1st Class Brandy Holcepl
90th Space Wing Public Affairs

A food drive sponsored by the 90th Civil Engineer Squadron Booster Club was held Sept. 16 to 17 and Sept. 23 to Saturday at the commissary to aid in the Hurricane Katrina relief effort.

The food drive collected more than \$500 and 15 boxes of non-perishable goods.

The non-perishable goods are going to hurricane victims and the money will be combined with other base donations, said Staff Sgt. Roger Salinas, 90 CES Utility Systems Craftsman and food drive volunteer.

The food drive had about 25 volunteers, some from the 90 CES and some family members.

A burger burn sponsored by the 90th Mission Support Squadron Booster Club was also held outside the commissary Sept. 23 to raise money for the relief effort.

"The burger burn raised \$406 and will go toward Project Keesler Relief Effort," said Tech. Sgt. Cathy Green, 90th Comptroller Squadron Financial Analyst.

The burger burn volunteers included Col. Boomer Crowley, 90th

Space Wing Vice Commander, Capt. Matt Guenther, 90th Space Wing Executive, and 90 MSS members.

Warren sponsored various hurricane relief efforts including a blood drive on Sept. 20 to 21 and various money collection locations throughout the base.

To contribute, contact Sergeant Salinas at 773-2792 or Sergeant Green at 773-2225.



Elizabeth Young donates a food item during the 90th Civil Engineer Squadron Food Drive.



Photos by Airman 1st Class Brandy Holcepl

Capt. Matt Guenther, 90th Space Wing Executive Officer, and Col. Boomer Crowley, 90 SW Vice-Commander, flip burgers at the 90th Mission Support Squadron burger burn Sept. 23.



Photo by Staff Sgt. Theresa Donnelly

LATIN BEAT ...

Staff Sgts. Monique Hiline, 90th Security Forces Squadron and Bruce Cunningham, 790th Missile Security Forces Squadron, burn up the dance floor with hot spins and turns at Trail's End Club Sept. 23 during Hispanic Heritage Month's Latin dance night.

400th Missile Squadron inactivation commemoration ceremony

10 a.m., Tuesday

Pronghorn Center

Reception immediately following

To RSVP, call the 90th Space Wing Protocol Office at 773-2137.

From rooftop to Warren

Base gives aid, hope to hurricane evacuees

THE ★ CIVILIAN PAVILION ★

Matt Cox
Visual Information

Sitting in a lawn chair in the front yard of his son's house on base, Athanase Johnson takes a deep breath before speaking a single word.

It's almost as though the words he is about to speak aren't his, like he's about to tell someone else's story, but he's not.

The 51-year-old Louisiana native had never been to Wyoming before he hastily arrived Sept. 7 after a weeklong battle with Hurricane Katrina; the Category 5 monster that ripped through Alabama, Louisiana and Mississippi in late August.

He was planning his first trip here later this month to visit his son, Senior Airman Athanase Lawless and his family, but like everything else in his life, things changed.

Airman Lawless, 90th Missile Maintenance Squadron, left Warren for the battered Gulf Coast the Sunday following the storm, Sept. 4, to retrieve his mother and sister from Houston Texas and his father from Larose, La.

His mother and 9-year-old sister Kanisha were evacuated from their New Orleans home by air ambulance to a hospital in Houston Sept. 1.

Mr. Johnson was rescued from the roof of his brother's central New Orleans apartment complex the same day. He was first flown to a hospital in the city but soon was moved to a makeshift shelter in the Larose Civic Center 32 miles away. He was able to call his father in California when he arrived.

It was how his mother, sister and father made it there that Airman Lawless spent most of his 30-hour drive thinking about.

"That's a long drive alone," he said. "I just thought about getting my family out safe."

Although his mother, sister and father weren't together in New Orleans when Katrina made landfall in Grand Isle, La., early Monday, Aug. 29, their stories weave together through Cheyenne.

Mr. Johnson describes Katrina's merciless aftermath as a chaotic standstill. "Life just stopped," he said. "It was the worst time in my life."

When Katrina's 175-mph winds knocked out power in New Orleans Sunday night, and reports of water rising on both sides of the Industrial Canal coming in, he knew this

was an extraordinary storm.

He stayed home when the hurricane violently came ashore early Monday morning.

The next day he headed out into the flooded New Orleans streets for his brother's apartment building in the same neighborhood.

He spent the next three days there helping his brother and the many other disabled residents evacuate the senior center safely.

Listening to the radio, the only connection to the outside world for many New Orleans residents following the storm, Mr. Johnson heard the announcer explaining the evacuation procedure: Go to your building's rooftop and wait.

That's where Mr. Johnson and the others would stay until they were rescued later that week.

The city began to flood late Tuesday night into Wednesday morning.

News outlets were reporting a two-block breach in the 17th Street Canal; the canal connects directly to Lake Pontchartrain.

Mr. Johnson said the water flooding city streets was waist high; CNN reported New Orleans was 80 percent under water.

This is when the Big Easy became the Wild West.

With the city dark and most buildings abandoned, the looting started.

Mr. Johnson witnessed this and found it disheartening. "How could people do this now," he said. "How can people be so selfish?"

He said the overwhelming vibe covering the city was fear: "People were scared. It was the fear. The fear can show who you really are. You make right choices or wrong choices."

He felt the fear too, but Mr. Johnson had his faith to rely on.

"My faith helped me through all of this," he said. "God blessed all of us."



Photos by Matt Cox

Athanase Johnson takes a moment at his son's home on base to reflect on the aftermath of Hurricane Katrina and what lies ahead.

Mr. Johnson said he considers his old life gone and sees this as a new start, a clean slate wiped clear from Katrina's swells.

He said he plans to stay with his son in Cheyenne until Thanksgiving and then move to Los Angeles to live with his 72-year-old father.

Airman Lawless' sister Kanisha is enrolled at Freedom Elementary for now and his mother will also remain here in Cheyenne.

Even during the storm, the looting, the confusion, the suffering, Mr. Johnson said he saw the good in people everywhere, but he's especially thankful for the generosity of the Warren community.

"Everyone from the base has been so supportive to me and my family," Mr. Johnson said. "I'm here with new clothes, food on the table and roof over my head, I'm thankful."

Tech. Sgt. Rhonda Sargent, 90th Mission Support Squadron, played a big part in assisting the Lawless family upon their arrival.

She helped them get clothes, medical attention, money and calling cards to get in touch with family members. Through donations Sergeant Sargent was able to provide the family with most items it needed to ease the rocky transition into their new lives.

"Everyone has been so nice and generous," said Mr. Johnson.

"Tech. Sgt. Sargent, my co-workers and neighbors have all been very supportive," added Airman Lawless.

"Helping Mr. Johnson and his family has affected me in many positive ways," said Sergeant Sargent. "The generosity I've seen has shown me that there are many good people still in this world."



Senior Airman Athanase Lawless, 90th Missile Maintenance Squadron, and his father, Athanase Johnson, have reconnected at Warren after Hurricane Katrina struck in Mr. Johnson's home in Larose, La.



Photo by 1st Lt. Jennifer Whitaker

AFSPC COMMANDER OPENS BRONCOS HOME GAME

DENVER — General Lance W. Lord, Commander, Air Force Space Command, the Denver Broncos' and San Diego Chargers' team captains, and referees gather for the pre-game coin toss at Mile High Stadium Sept. 18. The Broncos won the coin toss and the game with a score of 20-17.

AF programs help families rebuild post-Katrina

Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON -- Hurricane Katrina is long gone, but civilians and Airmen are still picking up the pieces of their devastated lives.

The Air Force helped many civilians in the aftermath of that storm, but it also made sure to take care of its own through Air Force OneSource, family and child development centers and the Air Force Aid Society, said Brenda Liston, Air Force family matters chief.

"The Air Force is providing more than half a million (dollars) in Air Force Aid Society assistance to bridge the time of need from the loss of whatever their home had, to reestablishing that home," Ms. Liston said. "We also are providing now, and have provided for weeks after the storm, meals in some of our family centers on base or at some of the rec-

reation centers on base."

Ensuring families are taken care of is not only important to the families, but to accomplishing the Air Force's larger mission. Ms. Liston said she understands the Air Force's core value of service before self, but also understands that holding true to that value can be tough when balanced against concern for loved ones.

"I think we all know (Airmen) can't do their job the way they should if they are worried about their family," she said. "There is service before self, that has got to happen, and that is why we are here. But can you do it if you are worried about your family and their basic needs? There needs to be the Air Force concern and involvement."

Air Force officials are concerned and involved in the lives of families affected by Hurricane Katrina. Today, families who once lived at Keesler

Air Force Base, Miss., are scattered around the country, living in hotels, on Air Force bases or with relatives. Air Force programs support those displaced families with "safe-haven allowances."

A safe-haven allowance is special compensation the Air Force provides to families that are evacuated from an installation. The allowances help them find food and lodging in the aftermath of disasters like Hurricane Katrina. The amount of the safe-haven allowance is based on family size and other unique factors.

The security the allowances bring to a family allows Airmen to get on with the mission, knowing their loved ones are OK, said Senior Master Sgt. William Barauskas, Air Force chief of travel and contingency policy.

Airmen at home station are taking care of the mission and cleaning up while the family is taken care

of at a safe haven, Sergeant Barauskas said. Families can receive the monetary safe-haven allowance for up to 180 days.

The vast network of family support centers at Air Force bases worldwide has also kicked in to help support displaced families of servicemembers. These centers help find clothing for families who may not have taken enough when they evacuated, and helped provide school supplies for children who must now return to a classroom in a new environment.

Through programs provided by base family support centers, child development centers and through the Air Force OneSource support line, Airmen and their families receive assistance on how to tap into resources available through the Federal Emergency Management Agency, Air Force Aid Society and American Red Cross. Airmen can also learn how to file paperwork and submit claims to their insurance

companies -- all programs designed to bring life back to normal.

"The Air Force takes care of (its) families," Ms. Liston said. "There is always a worry when you have a family and you can't be right there with them. But thank goodness we have so many resources to support those families."

Air Force OneSource is available anytime by phone in the United States at (800) 707-5784, internationally at (800) 7075-7844 or collect at (484) 530-5913. The program is also available in Spanish at (800) 375-5971 and to the hearing-impaired, via TTY/TDD at (800) 346-9188. Airmen may also visit the program Web site at www.airforceonesource.com.

The site requires customers to log on by using "airforce" as the user ID and "ready" as the password.

Start planning now for SnoFest 2006

90th Services Squadron

It's time to start planning for SnoFest. The military's 16th annual snow sports weekend is Jan. 27 to 29, at Keystone Resort.

SnoFest features a variety of activities, including competitive ski and snowboard racing, parties and a variety of other activities.

Discounts on lodging, lift tickets and equipment make SnoFest an affordable winter vacation option for the military community.

SnoFest is hosted by the services members from the U.S. Air Force Academy, Warren, Buckley, Peterson and Schriever Air Force Bases and Headquarters Space Command.

A wide variety of heav-

ily discounted accommodations have been set aside at Keystone — hotel rooms, studios and one-, two- and three-bedroom condos and are available for booking beginning Oct. 1. To ensure the best rates and availability, it's important to book lodging reservations as early as possible.

Rates at Keystone start at \$100 per night (plus tax and surcharge) for a deluxe studio that accommodates a family of four. To reserve your lodging, call (800) 258-0437, and mention your base affiliation and group code GV7FEST. For lodging near Keystone, call Colorado R&R at (719) 333-7367.

Because seating is limited at Fridays and Saturday's after-ski parties and tickets historically sell out well in advance, par-

tygoers should plan to get tickets as soon as possible. Last year, partygoers took home more than \$30,000 in prizes and giveaways, including weekend getaways, snowboards, DVD players, ski apparel and much more.

Each night's party in the Keystone Conference Center includes a hot food buffet, live music, entertainment, dancing and more. Friday's party is themed "The Fabulous '50s," with traditional diner fare. Saturday's party, themed "Western Roundup," will feature western barbecue. Party tickets are \$13 (commercial sponsorship offsets more than \$5 of the actual cost) and are available beginning Nov. 1 at outdoor recreation.

Lift tickets for SnoFest will also be available at ODR beginning Nov. 1. An adult SnoFest lift ticket is \$34 with lift tickets for children 12 and younger priced at \$22 (non-military adult lift tickets are priced at \$75 at the Keystone ticket windows, while children's tickets are \$39). Children under 5 ski free. Discounted ski rentals for SnoFest are available at ODR while supplies last.

NASTAR ski and snowboard racing competitions among all represented



Photos by James Lovely

This snowboarder is one of the 253 participants that braved the NASTAR race course in unit and individual competition at SnoFest 2005.

military installations, fun races and open skiing are free with the purchase of a SnoFest lift ticket or Keystone Liberty Pass. Watch for registration procedures.

Non-skiers attending SnoFest won't be left out

in the cold. Available activities include tours, ice skating, tubing, sleigh rides, snowshoeing, cross country skiing and the Cardboard Derby.

For more information, contact Lorri Welsh at 773-2858.



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Photos by Tech. Sgt. Steve Goetsch

Airman 1st Class Ty Soares, 90th Missile Maintenance Squadron flag football team, waits to snap the ball to his quarterback, while Senior Airman Justin Lee provides protection Sept. 23.



Above: The offensive line from the 790th Missile Security Forces Squadron B Team, consisting of (front to back) Senior Airmen Tautalatasi Fanolua, Richard Chalmers and Airman 1st Class Lee Hendricks, await the call from their quarterback Sept. 22 during an intramural football game here.

Right: Senior Airman Patrick Hayley, 90th Missile Maintenance Squadron, gets the pass off over the outstretched fingers of Senior Airman Richard Chalmers, 790th Missile Security Forces Squadron.



The 790th Missile Security Forces Squadron B Team quarterback, Senior Airman Donald Miller, takes the snap from center as Senior Airman Nathan Smith prepares to take a shuffle pass.

MMXS stays on top of division with win

WARREN FLAG FOOTBALL STANDINGS					
American	W	L	National	W	L
OG A	5	1	MMXS	5	1
790 A	5	1	MSFS 4	5	1
243	5	1	CES	4	2
LRS	3	3	790 B	3	3
MSFS 7	2	4	90 SFS	2	4
COMM	1	5	OG B	1	5
TRF	0	6	SVS	1	5



Celebrate Hispanic Heritage Month

90 CS Airman exudes the 'latin heat'

Airman 1st Class Jose Louis Torres, 90th Communications Squadron, sat down with Airman 1st Class Brandy Holcepl to talk about Hispanic Heritage Month, his job and his Mexican heritage.

What do you think about Hispanic American Heritage Month?

I think it's a month to celebrate what I have in common with others. Everyone with a Hispanic heritage should be proud to have the "latin heat" surrounding them.

Did you participate in any of the events?

Not this year, I'm taking classes and it doesn't leave a lot of time in my schedule, but last year I went to a Latin food cook-off or something, I can't remember what it was called exactly.

Where are you originally from?

I am originally from Manuel Avila Camacho in Zacatecas, Mexico. It is located in the North West part of Mexico. When I was 11 years old, my family and I moved to Havi-land, Kansas.

What are some differences between home and here?

When my family and I first moved from Mexico, it was learning to understand and speak English. Haviland is a small town; I think the population was about 626 people. So moving here was like moving to a big city.

What is your favorite memory from home?

My favorite memory from home would have to be being able to understand and speak the English language for the first time.

Do you have a family of your own?

No, I'm not married. Back home I have my parents and my two brothers. My brothers are 17 years old and 10 years old and they both living in Haviland with our parents.

What do you miss the most about home?

My mom's cooking; it's hard to find good Mexican food at restau-

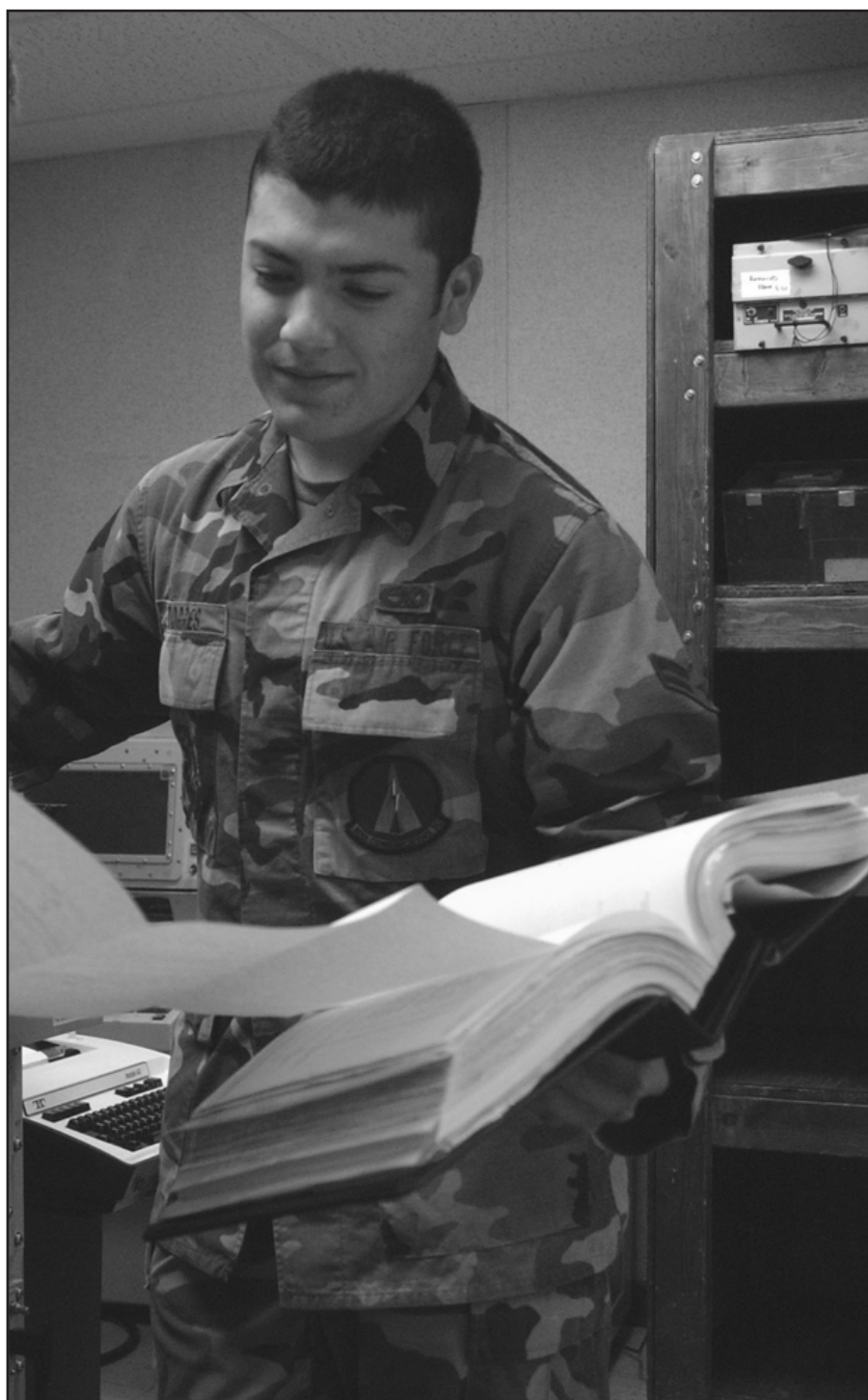


Photo by Airman 1st Class Brandy Holcepl

Airman 1st Class Jose Louis Torres, 90th Communications Squadron, works hard Tuesday.

rants that compares with my mother's. I miss my friends. I would like to go back and talk with them and catch up sometime.

What did you do before you joined the Air Force?

I had a lot of random jobs, I worked at the post office, in a church, and with cattle at Mull Farms.

Why did you decide to join the Air Force?

I wanted to try something different. I had the opportunity

to go to college on a scholarship, but I wanted to join the Air Force instead. I am the first in my family to join the military and I am having fun.

What do you do for the Air Force?

I work at the Strategic Communications Center.

What do you do in that career field?

We maintain communication between the command and the

field. We mainly use what we call a SACCS, short for Strategic Automated Communications Control Systems, which is like an old e-mail system; it sends messages back and forth between command and the field.

Do you like your job?

Yes, because I like to learn about the older equipment and it's fun.

Have you ever gone on a TDY?

Yes, just one. I went to a Nortell Networks Switching Class in Dallas, Texas. It was a week long. The city was very interesting.

What is your favorite thing about Cheyenne?

Frontier Days; I volunteered this year and was part of the tickets committee. It was fun because I got to meet lots of interesting people.

Do you volunteer for anything else?

Yes. I am an assistant coach for a children's soccer team, I volunteered to help a little girl at the base elementary school to learn English as a second language, I am also the Airmen Activity Coordinator for the Air Force Sergeants Association, and I volunteer at the VA Hospital whenever I can.

What kinds of hobbies or sports do you like?

I like soccer. I go to the gym a lot, I like to read, and I spend a lot of time doing school work.

What are you going to school for?

Right now I am going to school for an Associates in Communications, which I should get by the end of the year, but my long term goal is to get a biology degree. I want to work in medicine, but my short term goal is to finish the classes that I am taking.

Is there anything you would like to add?

Everybody should volunteer with any event they might take an interest in, because it gets them out of their room as well as getting themselves involved in the community and any events on base.

Lifeguard classes

The Warren Aquatic Center is scheduled to hold lifeguard classes now until Oct. 15 for people age 15 and older.

Students will become certified in lifeguard skills, CPR and first aid.

For more information, call the aquatic center at 773-3195.

Holiday parties

Avoid the Christmas rush and book your holiday party today at the Trail's End Club.

Call 773-3048 to find out how the club can make your holiday party a success.

Tickets for vacation destinations

Outdoor recreation may be able to save you money when you plan your next vacation.

Remember to order your tickets at least three weeks in advance of your travel date and purchase all your tickets in one order if possible.

ODR can order discounted tickets to many vacation

destinations. Hotel vouchers are also available.

For more information, call ODR at 773-2988.

Save money with services

Club members who visit Warren Lanes, the Trail's End Club, Warren Golf Course, outdoor recreation, family camping area, the aquatic center, the arts and crafts center, the auto skills center, Rubyjuice and AAFES will save 10 percent on Tuesdays during the membership drive through Nov. 30.

Members must use services club card, check or cash and are limited to a one time purchase of \$500 through AAFES.

Give Parents a Break program

Give Parents a Break is a free childcare program for active-duty members with children ages 6 weeks to 11 years who are under unique stress.

The program is available monthly on the first Saturday, 8 a.m. to noon and third

Friday, 5:30 to 9:30 p.m.

For more information or to request a referral for the Give Parents a Break program, contact your squadron commander, first sergeants, chaplains, medical professionals, family advocacy, family support center or the child development center.

Auto skills stalls

The auto skills center now offers reservations for a patron-use stall. Stalls are reserved one business day prior to use for \$3 per hour. One stall is available for reservations, and doesn't include a lift.

Reserved stalls are held until five minutes after the reserved time then released to waiting patrons.

For more information, contact 773-3869.

The Spa at the aquatic center

The Spa at the aquatic center offers massage therapy, hot stone massage, couples massage, body wraps (mud, seaweed, etc.), sugar scrub, facial mask/reflex session, ear candling and

air brush tanning.

For more information, call the aquatic center at 773-3195.

Xtreme Bowling

Come to Warren Lanes on Friday and Saturday nights and participate in Xtreme Bowling.

Xtreme Bowling includes music, laser lights, smoke machines, glow-in-the-dark shoes, pins and balls.

The cost is \$7.50 per lane/per hour.

Bowl 9:30 to 11 p.m. Fridays, and 7 to 11 p.m. Saturdays.

Family Day at Chadwell Dining Facility

Every Sunday is Family Day at Chadwell Dining Facility.

All active duty members may bring their family members with military ID cards to dine at Chadwell, noon to 1 p.m. Family members of the deployed are also welcome.

Family members of E-1 to E-4 active duty are welcome to accompany their sponsor during all Chadwell Dining

Facility meal times.

Trail's End Barber Shop now open

Zee's Barber Shop in the Trail's End Club is open for business. Barber shop hours are 8 a.m to 2 p.m., Tuesdays through Fridays.

For appointments, call 635-5378.

Walk-ins are also welcome.

Car wash special

Tired of messing around with quarters when that car of yours needs to be washed?

Call or stop by the auto skills center and purchase a pre-programmed wash card.

For more information, call the auto skills center at 773-3869.

Chair massage

The Warren Aquatic Center offers traveling chair massages for \$15. A certified massage therapist will come to offices that schedule four or more 15 minute massages. To schedule, call 773-3195.

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Education center briefs

Online tuition assistance: The Education and Training Flight is conducting briefings to provide information on the new Air Force Virtual Education Center On-Line Tuition Assistance Program 10 a.m., Tuesday and 8 a.m., Oct. 7. Active duty members currently using TA or contemplating using TA in fiscal year 2006, as well as their supervisors and first sergeants, are highly encouraged to attend one of the briefings. Additional briefings will be conducted next month. Education center staff will also be available to provide information during commander's calls or staff meetings around the base. For more information, visit the Education and Training Flight customer service counter (1205 Black Powder Rd.) or call 773-2117.

Warren combined graduation: A ceremony honoring graduates of the Community College of the Air Force, Embry-Riddle Aeronautical University, and Park University will be held on 2 p.m., Nov. 3 at the Pronghorn Center. Rehearsal will be held at 9 a.m., Nov. 3 at the Pronghorn Center (duty uniform). Graduation invitations are currently available at the education center. For more information, contact the education center at 773-2117.

Personnel Reliability Program is everyone's responsibility

Question: When are individuals required to consult with the CMA concerning FDA-approved, over-the-counter medications and commercially available substances, to include herbal and nutritional supplements?

Answer:

- Individuals within 12 hours of reporting for PRP duties and who will be using the product for the very first time.
- Individuals that have questions about a product's use or potential side effects.
- Individuals that have experienced an adverse reaction which may affect the member's ability to perform duties.

Look for general knowledge questions and answers every week in the Sentinel, courtesy of the base PRP office.

Fire Prevention Week starts Oct. 8

Elizabeth McClain
90th Civil Engineer
Squadron

In an effort to battle home fires *before* they start in Warren AFB, the Warren Fire Department is taking a lead role in NFPA's Fire Prevention Week, October 9-15, 2005. By hosting local activities and events that will both entertain and educate the public, the firer department hopes to raise awareness of key fire safety issues, helping attendees prevent fires and fire injuries, especially at home.

"Many people don't realize that they are at greater danger from fire at home than anywhere else," says Assistant Fire Chief Hammond. "Fortunately, there are many things residents can do to turn that around and make their homes safer. Fire Prevention Week is the time when we reach out to the community one-on-one,

teaching people of every age how to prevent fires. This year, we'll be focusing in particular on candle fires, a serious and growing part of the fire problem."

According to Mr. Hammond the Warren Fire Department has lined up the following Fire Prevention Week activities for residents:

Open House at main fire station (Building 324) on Saturday 8 Oct. 2005 at 10 a.m. until 2 p.m.

Display's at the Base Exchange during the lunch hour.

Visits to schools, and other youth activities on Warren.

Fire Prevention Week has been sponsored by the National Fire Protection Association (NFPA) for 83 years and is proclaimed by the President of the United States each year. The longest running safety commemoration is the premier fire safety


program of the fire service, drawing the participation of Warren Fire Department and other fire departments in the U.S. and Canada.

NFPA selected the 2005 Fire Prevention Week theme in order to highlight a growing home fire concern. The theme, "Use Candles with Care: When you go out, blow out!", is a memorable and effective safety message.

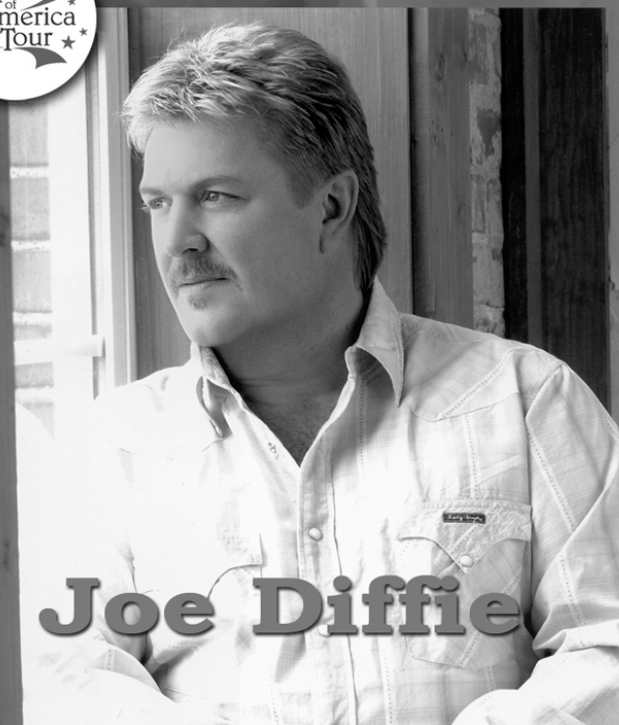
Home candle fires have risen steadily over the last decade.

In addition to using candles safely, Warren residents are urged to ensure that smoke alarms are installed on every level of the home and kept working with monthly testing and annual battery replacement.

All smoke alarms should be replaced with a new unit after 10 years. Each member of the household needs to know the fire escape plan, and all should practice it twice a year.



PRESENTS



Joe Diffie

The Spirit of America Tour is a project of the California based Robert and Nina Rosenthal Foundation

Sunday, October 30
7 pm Free
Peacekeeper High Bay, Bldg. 1501

Front Section is Reserved for Uniformed Personnel

THIS SHOW IS NOT OPEN TO THE GENERAL PUBLIC
For more info, contact Lorri Welsh x2858
www.spiritofamericatour.org

SERVICES